



## THE POWER OF PHILANTHROPY

### Supporting One-of-a-Kind Summertime Experiences for Youth in Need

Summer camp is a treasured part of any child's memories—and that's never more true than for young people coping with profound life challenges. For many children served by Hillside, the opportunity to laugh, learn and explore in a camp environment can be a once-in-a-lifetime experience.

More than 30 years ago, that idea drove Hillside to launch Camp Possibilities, a sprawling location in suburban Rochester. Every summer since, children served by Hillside have been able to enjoy the simple pleasures of outdoor play.

**Camp Possibilities is the only camp in Monroe County with programming designed for children with emotional and behavioral challenges.** Hillside's trained staff provide counseling and behavior modification interventions within this idyllic setting, allowing youth to thrive.

**Activities are designed to accommodate all levels of physical and emotional capacity** for participants, many of whom have never experienced a summer camp before. As they explore the restful surroundings and try new activities, they build self-esteem and learn important teamwork and social skills.

**Children leave Camp with a sense of belonging, accomplishment, self-confidence and peace.** Those attributes add to the foundational supports in their conventional care pathways, and help prepare them for the happier, healthier futures they deserve.

Philanthropy makes these experiences possible. Because this unique addition to Hillside's therapeutic supports falls outside of traditional program funding, 100 percent of Camp Possibilities expenses must be covered through community donations. Your support creates memories that last a lifetime.

## Benefits for Campers

Research shows that a well-planned youth camp experience improves self-esteem, environmental awareness and peer relationships, and offers many other measurable positive outcomes.

- According to a national study by the American Camp Association (ACA), youth attending summer camp showed **positive change in strength-based attributes** including making friends, positive identity, independence, leadership, and spirituality.
- The ACA study indicated 70 percent of parents of youth campers reported **gains in self-confidence** following a camp experience; 63 percent of campers continued to participate in activities learned at camp, and 92 percent reported that camp helped them feel good about themselves.
- Hillside staff have noted **significant reductions in behavioral issues** among children while participating at Camp Possibilities—a strong indication of positive experience for the youth in our care.



## Camp Possibilities

### Property:

240 acres in Henrietta, NY

### Summer Programming:

Eight one-week sessions in June, July and August

### Youth Served:

Approximately 300 children each year

### Amenities and Activities:

- Pond for canoeing and fishing
- Nature trails for hiking
- Barn-based arts and crafts and other creative outlets
- Climbing wall
- Green space for sports, games and exploration
- Physical education, fitness and nutrition programs

## The Impact of Your Support

Hillside programs and services make a powerful, proven difference for vulnerable young people and families. Your philanthropic support of Hillside's mission makes you a partner in our work to change individual lives and strengthen whole communities.

***Donations in support of Camp Possibilities will allow children to continue to build irreplaceable summertime memories in this one-of-a-kind space—complementing their therapeutic growth, and enriching their Hillside experience.***